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| --- | --- | --- | --- | --- | --- |
|  | Ååäaaaaaaaaaaaaaaaaaaaaaaaaaalex 29 | Dïmaaaaaaaaaaaaaaaaaaaaaaaaaaååå 29 | Nicholaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaåååäãs 37 | Jaaaaaaaaaaaaaaåå n/ 16 Lorenaaaaaaå 6 | Daaavid  3 |
| 10 x Hampelmännchen :3 |  |  |  |  |  |
| 3x Liegestütz |  |  |  | 1 |  |
| Flaschen mit Wasser vollfüllen |  |  |  |  |  |
| 10 Squats |  |  |  |  |  |
| Skipping Ausdauer |  |  |  |  |  |
| Kniebeuge halten Ausdauer |  |  |  |  |  |
| Planken Ausdauer |  |  |  |  |  |

3,2,1  
  
a

å – Goldenes A  
ã – Platin A